



### EVERGREEN

5830 Grand Avenue • 723.3663

WEEKDAYS	11:30	Senior Dining Meal
MONDAY	12:00	Hand & Foot (Card Game)
	1:00	Cribbage
TUESDAY	12:15	500
WEDNESDAY	12:15	Bridge & Crafts
THURSDAY	12:30	Bingo
FRIDAY	12:15	500
	1:00	Cribbage

**MORGAN PARK,  
& PORTMAN  
CENTERS  
listed on Page 2.**

*Thursday* **May 3**  
12:30 - Special Bingo for \$\$\$

*Friday* **May 11**  
10:30 AM Senior Meeting

*Tuesday* **May 15**  
1-5 PM AARP Defensive Driving Refresher Course  
(Call 730.4319 to register - **NO WALK INS**)

*Wednesday* **May 16**  
3-5 PM US Steel Retirees Meeting

*Monday* **May 21**  
11 AM - 2 PM Post Polio Meeting

*Monday* **May 28 - Memorial Day  
Holiday**  
Dining Site and  
City of Duluth Offices  
Closed

**A mother  
understands  
what a child  
does not say.**  
Author  
Unknown

*A man loves his sweetheart  
the most, his wife the best,  
but his mother the longest.*

**Irish Proverb**

*Mother, the ribbons of  
your love are worn around  
my heart.* **Author Unknown**



### SENIOR ACTIVITY SCHEDULE

#### "At A Glance"

Weekly, unless otherwise indicated.

#### BINGO

Monday  
12:30 - Portman

Wednesday  
12:30 - Morgan Park  
1:00 - Rainbow

Thursday  
12:30 - Evergreen  
12:30 - Lincoln Park

Friday  
1:00 - Rainbow

#### BLOOD PRESSURE

Wednesday, May 9  
10:30 - Lincoln Park

Wednesday,  
May 30  
11:15 - Rainbow





# MORGAN PARK

1242 88th Avenue West • 626.4522

WEEKDAYS	10:00 11:30	Open Recreation Senior Dining Meal
MONDAY	10:00	Bone Builders
TUESDAY	10:30 12:30	Quilting Cribbage
WEDNESDAY	9:30 10:00 12:30	TOPS Bone Builders Bingo
FRIDAY	10:00 12:15	Bone Builders Bridge

*Wednesday* **May 2**  
11 AM - Senior Meeting  
12:30 - Special Bingo for \$\$\$

## HOLIDAY CLOSING FOR CITY OF DULUTH OFFICES and AEOA SENIOR DINING SITES

May 28 - Memorial Day Holiday



If I had my life to  
live over, I would  
start barefoot  
earlier in the spring  
and stay that way  
later in the fall.

**Nadine Stair**

# PORTMAN

4601 McCulloch Street • 525.0838

WEEKDAYS	11:30	Sr Dining Meal
MONDAY	12:30 8:30	Bingo UCare Exercise
TUESDAY	9:00 12:00	Exercise Bridge
WEDNESDAY	8:30	UCare Exercise
THURSDAY	9:00 10:00 2:00	Exercise Cribbage Zumba Gold

*Friday* **May 4**  
1-5 PM AARP Defensive  
Driving Refresher Class  
(Call 730.4319 to register)

*Monday* **May 7**  
12:00 PM Senior Meeting with  
Special Bingo for  
\$\$\$ to follow

*Friday* **May 11**  
12:30 - Party



**Anyone who says  
sunshine brings  
happiness has never  
danced in the rain!**  
**Author Unknown**



Call 218.727.4321  
for more info on the  
**SENIOR DINING PROGRAM**  
sponsored by AEOA  
at these sites:

- EVERGREEN SENIOR CENTER  
5830 Grand Avenue • 723.3663
- HARRISON COMMUNITY RED CENTER  
3002 Grand Avenue • 624.1510 (Mon only)
- LINCOLN PARK COMMUNITY CENTER  
2014 West Third Street • 727.4321
- MORGAN PARK COMMUNITY REC CENTER  
1242 88th Avenue West • 626.4522
- PORTMAN COMMUNITY REC CENTER  
4601 McCulloch Street • 525.0838
- RAINBOW COMMUNITY CENTER  
211 N 3rd Ave E • 727.8148



# ZUMBA



**CLASSES**  
for APRIL 2012

**THURSDAYS: May 3, 10, 17, 24, 31**

**2-2:45 PM**

Classes scheduled monthly

**No Charge to Attend!**

*Just come.....no registration required.*

**PORTMAN Community Rec Center**

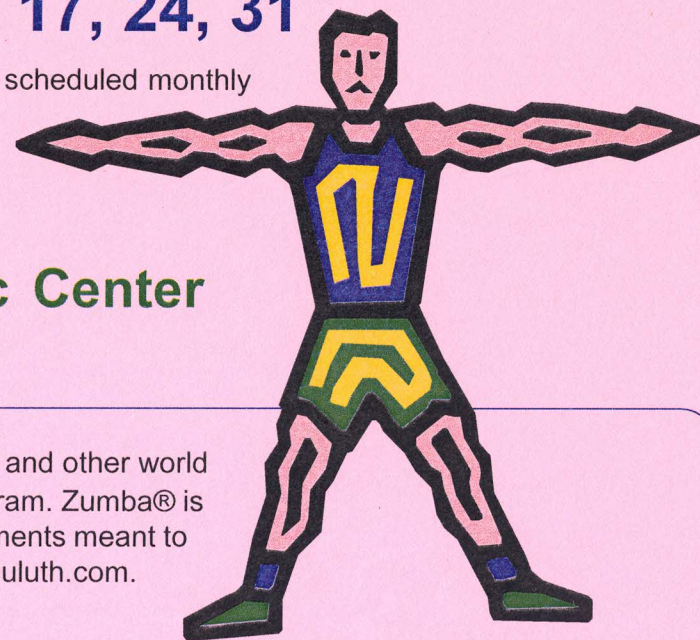
4601 McCulloch Street

**WHAT IS ZUMBA?** The Zumba® Fitness program combines Latin and other world rhythms with easy-to-follow moves to create a one-of-a-kind fitness program. Zumba® is an exciting time of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! More information available at [www.zumbaduluth.com](http://www.zumbaduluth.com).

**QUESTIONS?** Contact instructor Judy Gordon at 218.724.4145 or via email at [zumbaduluth@gmail.com](mailto:zumbaduluth@gmail.com)

"It puts pep  
in your  
step!"

Helen G. -  
Age 95





The **PORTMAN SENIORS** invite you to their.....



# may Fling PARTY

Friday, May 11, 2012  
12:30 - 3 PM

Portman Community Recreation Center  
4601 McCulloch Street

- ENTERTAINMENT BY ROBI MEYERSON
- DOOR PRIZES
- LIGHT REFRESHMENTS SERVED



Come early for the  
**AEOA SENIOR DINING MEAL,**  
served at 11:30 AM!

Call 525.0838  
by noon of Wednesday, May 9th  
to reserve your meal.

